



What is “moderate intensity” exercise?

- a) the effort a healthy individual might expend while walking briskly, mowing the lawn, dancing, swimming, or bicycling on level terrain
- b) any activity that burns more than 6 metabolic equivalents (METs)
- c) a level of effort in which a person should experience some increase in breathing or heart rate
- d) any activity that burns 3.5 to 7 Calories per minute (kcal/min)
- e) b & c
- f) a, c & d
- g) all of the above

Answer

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